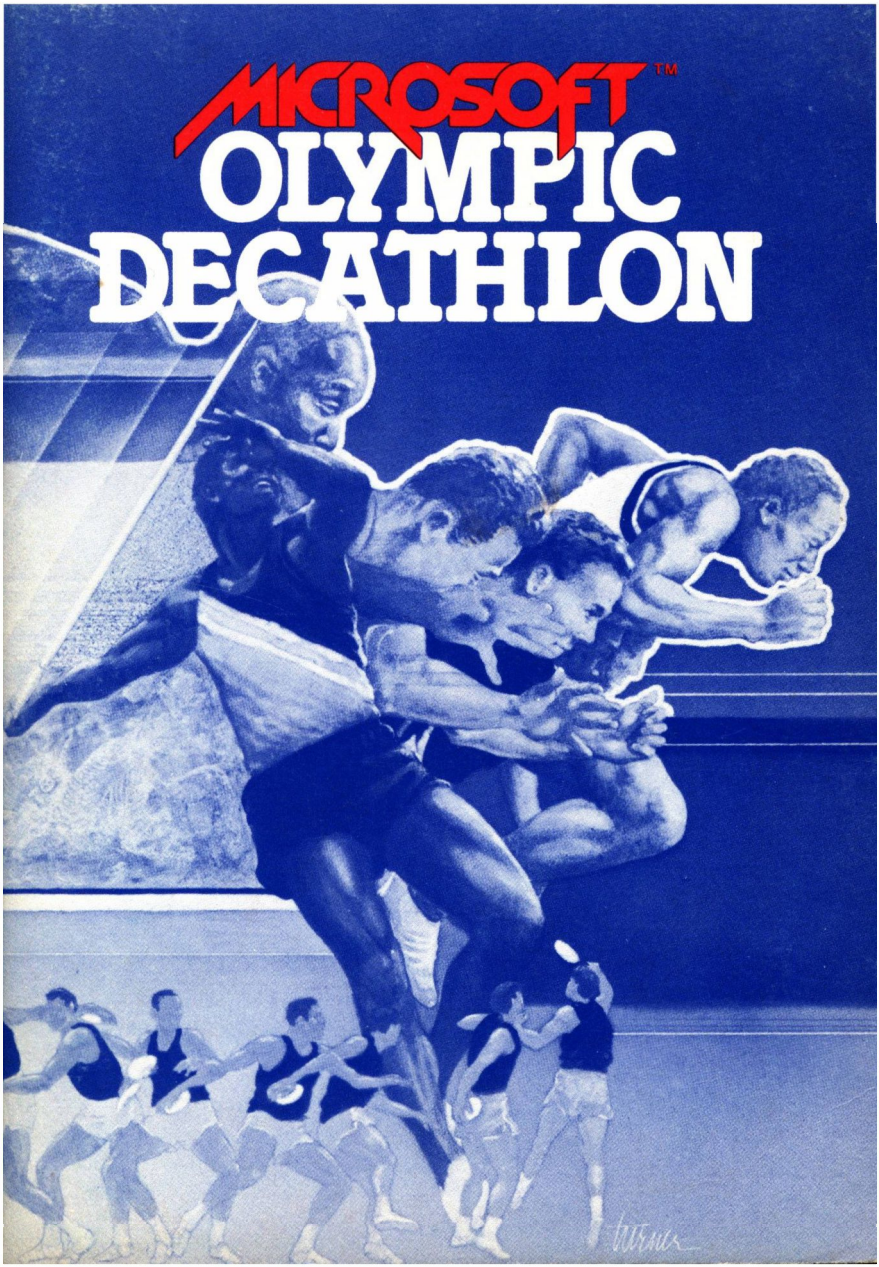
MICROSOFT™
OLYMPIC
DECATHLON

OLYMPIC DECATHLON

FOR THE APPLE II® AND APPLE II PLUS®

Produced by Microsoft, Inc.
Written by Timothy W. Smith

Microsoft Consumer Products
A division of Microsoft, Inc.
400 108th Ave. NE, Suite 200, Bellevue, WA 98004

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To Be an Olympic Champion!

Here's your chance to become an Olympic champion in the greatest of all athletic competitions — the Decathlon!

The Decathlon has been called the truest test of an athlete. It demands excellence in ten different events that encompass three diverse disciplines — running, jumping and throwing — in just two days' time.

In Microsoft's Olympic Decathlon, you'll compete just as if you were in actual competition. On the first day, you'll run the 100-meter dash, leap the long jump, hurl the shot put, jump the high jump and finish up with the 400-meter dash. Then on the second day, you'll compete in the 110-meter hurdles, the discus throw, the pole vault, the javelin throw and the 1500-meter run.

Each event is presented with animated graphics. You must interact with the animation in real time, using the keyboard or controller paddles to manipulate the figures on the screen. To emerge the victor, you'll need a good sense of timing, fast reflexes and excellent coordination.

Up to six "athletes" may compete. You are awarded points for each event based on how your performance matches up to world champion standards. The competitor who earns the most points in the majority of events wins the gold medal and the title of World's Greatest Athlete!

The Author

Microsoft Olympic Decathlon was written by Timothy W. Smith of Plymouth, MI.

A Word About Microsoft, Inc.

Microsoft produces high-quality software for today's microprocessors.

Microsoft's BASIC interpreter, in its several versions, has become the standard high level programming language used in microcomputers. Microsoft has supplied BASIC interpreters for the Radio Shack TRS-80, Commodore PET, the Apple II computer, NCR 7200, Compucolor II, OSI, Pertec Altair, and many others. In addition, Microsoft has developed a complete line of microcomputer system software packages for both 8-bit and 16-bit microprocessors.

Microsoft Consumer Products was founded as a division of Microsoft, Inc. in 1979 to provide quality system, utility and application software directly to microcomputer users.

Microsoft Olympic Decathlon is just one of many products being offered to the end user by Microsoft Consumer Products. Other products available:

For TRS-80	**For Apple II**
Level III BASIC	SoftCard
BASIC Compiler	BASIC Compiler
Assembly Language Development System	Assembly Language Development System
Editor/Assembler-Plus	COBOL
FORTRAN	FORTRAN
Adventure	Adventure
Typing Tutor	Typing Tutor
muMath	RAMCard

Microsoft Consumer Products is dedicated to providing only the best, most reliable microcomputer software.

The Right Hardware

To play Olympic Decathlon you must have either an Apple II or Apple II Plus computer with at least 48K of memory, a monitor, one disk drive and a pair of game controller paddles. For instructions on installing controller paddles consult your Apple II Reference Manual.

Olympic Decathlon Diskette

Your Olympic Decathlon diskette contains a high-quality copy of the Decathlon program from Microsoft.

When using the diskette, you will want to observe the following precautions:

1. Always place the diskette back in the jacket after use.
2. Never touch the diskette surface through the diskette window.
3. Keep the diskette away from sources of magnetism or heat such as direct sunlight.
4. Use felt-tip pens rather than hard-point pens when writing on diskette labels.

Diskette Replacement

Your Olympic Decathlon diskette is guaranteed to be a faultless recording. If it fails to work properly when first opened, return it to the dealer from whom it was purchased or mail it, along with your receipt and an explanatory letter, to Microsoft Consumer Products. Your diskette will be replaced at no charge.

If, for any reason, your diskette becomes damaged at any time during your ownership, we will replace it for a nominal charge of $7.50. Mail the diskette with your check to:

Microsoft Consumer Products
400 108th Ave. NE, Suite 200
Bellevue, WA 98004

To Backup Your Decathlon Diskette

No matter how careful you are, diskettes sometimes become damaged and the programs on them become ruined. The first thing you should do is make a backup copy of the disk.

With Olympic Decathlon, you can make a single copy of the disk for backup purposes. This copy should be used for your personal backup purposes only. Any other use of the extra copy is in violation of copyright laws.

The backup process requires two disk drives. To make a backup copy, follow these instructions:

1. Remove the silver write protect tab from the Decathlon disk.

2. Insert the disk into drive 1 and load the program as usual, according to the instructions on page 9. When the program is loaded, the title screen of the program will appear on the screen.

3. Press the asterisk key ([*]).

4. Place a blank diskette in drive 2. Press [RETURN].

5. When the copy process begins, the words DISK BACKUP IN PROCESS will appear on the screen.

6. When the backup is complete, the screen will indicate BACKUP COMPLETE. You now have a copy of your Decathlon program that has been verified by the computer to be a good copy. In the event your original Decathlon disk becomes damaged, you will have immediate access to the backup disk.

7. If, for any reason, that backup attempt was unsuccessful, the computer will indicate BACKUP FAILED. Repeat the backup process. If you have repeated difficulties, try a different disk.

8. When one verified good copy has been completed, no additional copies of either disk may be made. If a second backup is attempted, the computer will respond with BACKUP HAS ALREADY BEEN PERFORMED.

How Decathlon Is Scored

In the Decathlon, competitors aren't scored against each other, but are rated on a points scored basis. The official points table used to rate performances is based on the current world record in each event. A performance equal to the world record would get a score of approximately 1000. A lesser performance would result in a commensurately lesser score.

Microsoft Olympic Decathlon is scored in the same way. You win points for your performance in each event and the competitor with the most points at the end of the Decathlon is the winner. In those events in which you are allowed more than one attempt, you will be scored according to your best performance.

You don't have to score highest in *every* event to win the Decathlon, but remember, each poor performance must be compensated for in other events.

It's possible to get *more* than 1000 points in an event, but it doesn't happen very often. Even Bruce Jenner's world-record shattering performance in the 1976 Olympics totalled just 8,618 points for the ten events.

These are the points earned by Jenner in Montreal when he set the current Olympic Decathlon world record:

EVENT	SCORE	PERFORMANCES
100-Meter Dash	819	10.94 seconds
Long Jump	865	722 cm (23' 8¼")
Shot Put	810	15.36 m (50' 4½")
High Jump	882	203 cm (6' 8")
400-Meter Dash	922	47.51 seconds
110-Meter Hurdles	866	14.84 seconds
Discus Throw	873	50.04 m (164' 2")
Pole Vault	1,005	480 cm (15' 9")
Javelin Throw	862	68.53 m (224' 10")
1500-Meter Run	714	4 minutes 12.61 seconds
Total Points	8,618	

When playing alone, you'll want to see just how close to 10,000 you can get! When you're competing against others, the main object, just as in the Olympics, is to accumulate more points than anyone else and be declared the gold medal winner.

How To Load Decathlon

There are two methods of loading Decathlon, depending on the type of computer you have. Follow instructions for your particular model.

Apple II with Autostart ROM and Apple II with the Language Card :

1. Open the disk drive door of drive 1.

2. Remove the diskette from the protective jacket.

3. Holding the Decathlon diskette on the end that contains the Decathlon label, insert it into the drive with the label facing up. The diskette edge with the small silver label wrapped over it should point to the left.

4. When the diskette clicks into place, close the disk drive door.

5. Turn on your computer and monitor.

6. The light on your disk drive will come on, the disk will whirr, and a few seconds later the title screen for Decathlon will appear.

Apple II without Autostart ROM:

1. Turn on your computer and monitor.

2. Remove the diskette from the protective jacket. Open the disk drive door of drive 1.

3. Holding the Decathlon diskette on the end that contains the Decathlon label, insert it into the drive with the label facing up. The diskette edge with the small silver label wrapped over it should point to the left.

4. When the diskette clicks into place, close the disk drive door.

5. Press the [RESET] key on the back right hand corner of the keyboard unit. Then, type [6] [CONTROL] [K] and press [RETURN] . The disk will boot automatically.

6. The light on your disk drive will come on, the disk will whirr, and a few seconds later the title screen for Decathlon will appear.

NOTE

Olympic Decathlon does not run under Apple DOS, as it contains its own operating system on the diskette. Therefore, it is impossible to display a CATALOG of the contents of the disk as you can under Apple DOS. Decathlon can only be accessed by booting the program itself.

Getting Started

Once you have loaded Olympic Decathlon you are ready to begin play. Immediately after the diskette is loaded, the screen will announce

MICROSOFT CONSUMER PRODUCTS
presents
OLYMPIC DECATHLON
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The Olympic theme will accompany the following introduction:

THE OLYMPIC DECATHLON IS THE ULTIMATE ATHLETIC COMPETITION WHICH DETERMINES THE WORLD'S BEST ALL-ROUND ATHLETE. EACH ATHLETE MUST COMPETE IN TEN DIFFERENT TRACK AND FIELD EVENTS IN ONLY TWO DAY'S TIME. FOR EACH EVENT, POINTS ARE AWARDED TO THE COMPETITORS BASED ON THEIR BEST PERFORMANCES — MEASURED IN TIME, DISTANCE OR HEIGHT. THE COMPETITOR WHO EARNS THE MOST POINTS WINS THE GOLD MEDAL AND THE TITLE OF "WORLD'S GREATEST ATHLETE"!

THE OLYMPIC DECATHLON WORLD RECORD IS CURRENTLY HELD BY USA'S BRUCE JENNER WHO EARNED A TOTAL OF 8,618 POINTS IN THE 1976 OLYMPIC GAMES IN MONTREAL.

IF YOU WISH TO TAKE PRACTICE RUNS, JUMPS, OR THROWS, YOU MUST DO SO NOW BEFORE YOU BEGIN THE DECATHLON.

PRESS [ESC] TO CONTINUE.

As prompted, press the [ESC] key and you will see this message:

ARE YOU READY TO BEGIN THE DECATHLON?

Here, obviously, you have two choices: YES or NO. If you choose YES (by typing YES or Y, then pressing [RETURN]), the Decathlon will begin and you will proceed event by event through the competition. If you choose NO (by typing NO or N, then pressing [RETURN]), you will be given the opportunity to practice any of the events of the Decathlon individually as many times as you wish and in any order.

Practice Sessions

It is not always necessary to play the complete Decathlon game. If you wish, you may practice any or all of the events individually. However, if you wish to practice, you must so indicate before the Decathlon begins. Once you have actually begun the competition, you can't take any practice attempts.

You are given the opportunity to select practice sessions immediately after the title screen and the instructions appear. The computer will inquire:

WHICH EVENT DO YOU WANT TO PRACTICE?

1. 100-METER DASH
2. LONG JUMP
3. SHOT PUT
4. HIGH JUMP
5. 400-METER DASH
6. 110-METER HURDLES
7. DISCUS THROW
8. POLE VAULT
9. JAVELIN THROW
10. 1500-METER RUN

Select the number of the event you wish to practice, then press RETURN.

Play the selected event as you would in actual competition. For instructions, refer to the section for that particular event.

If in actual competition you get three trials in an event, you will be given three trials during practice. If it's a one shot deal in the competition, it's one shot in the practice session, too.

After you have completed the selected event, the computer will advise you of your performance:

THAT PERFORMANCE WOULD BE WORTH____POINTS IN THE DECATHLON.

It will ask:

ARE YOU READY TO BEGIN THE DECATHLON?

Answer NO (and press RETURN) to continue practicing. You will be shown the event menu again so you can select the event you want to practice.

When you have practiced as much as you wish, answer YES (and press RETURN) in response to the question. Decathlon will automatically begin.

Playing Decathlon

Once you are ready to begin the Decathlon, the computer will ask

HOW MANY ATHLETES WILL BE COMPETING (1-6)?

As many as six athletes may compete in the Decathlon or you may play by yourself. Since your score is measured against "perfect," it isn't necessary to have competition. But Microsoft Olympic Decathlon develops an entirely different character when played with several competitors. Try it!

Select the appropriate number and press RETURN. If you select more than one player, the computer will notify you that

EACH ATHLETE SHOULD HAVE A DIFFERENT FIRST NAME.

It will then request

NAME OF ATHLETE #1:

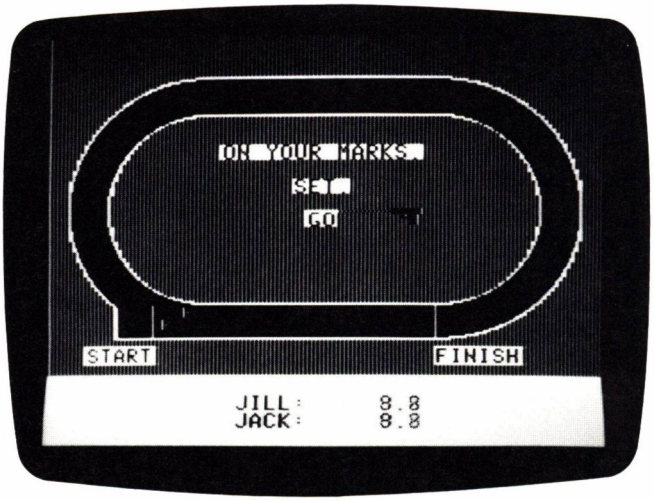
Type in the names of each of the players as prompted (Jill, Jack, Joe), pressing RETURN after each name. Player names must be at least two letters long to be accepted. (The order in which you name the players is not significant, as the computer determines the order in which players will compete.)

After you have named all the athletes, the computer will automatically proceed to the first event: THE 100-METER DASH.

NOTE

Never press the RESET key while playing Decathlon, as the program may not always recover. If pressing RESET causes your computer to display an asterisk followed by a blinking cursor, type 3DØG RETURN to continue playing. If you have an Autostart ROM in your Apple, no action will be necessary.

The First Event: The 100-Meter Dash



The object of this event is to "run" (pressing two keys alternately) as fast as you can, from the start to the finish line. You will run the 100-meter dash just once, and your score will be based on your time in that one run. Up to two athletes may compete at the same time in this event; if more than two people are playing, the computer will assign you to groups of two.

The computer will notify you:

ATTENTION *NAME 1*:

YOU WILL BE RUNNING IN LANE 1.
PLEASE GO TO THE STARTING LINE.

USE THE [1] AND [2] KEYS FOR RUNNING.

Move to the starting line by pressing the [1] and [2] keys alternately. You must move to the starting line before the computer will proceed with the event.

The computer will then display:

ATTENTION *NAME 2*:
YOU WILL BE RUNNING IN LANE 2.
PLEASE GO TO THE STARTING LINE.

USE THE [←] AND [→] KEYS FOR RUNNING.

The second runner should now also move to the starting line by pressing the [←] and [→] keys alternately.

When both players are in position (or one if only one athlete is competing), the starter's gun will appear in the middle of the screen, followed by the warning:

ON YOUR MARKS!
SET!

If all is well, the starting gun will fire, displaying a GO flag.

As soon as you see the flag, start "running" toward the finish line just as quickly as you can, alternating between the [1] and [2] keys or between the [←] and [→] keys as appropriate. Your time will be monitored and displayed by the computer.

If you don't see the GO flag, you will probably see this message instead:

YOU STARTED BEFORE THE GUN WAS FIRED
IF YOU MAKE 2 MORE FALSE STARTS
YOU WILL BE DISQUALIFIED.

This message indicates that you started running before the starting pistol was fired. The computer will start the race again; be careful not to make another false start.

After you reach the finish line, the computer will ask you to

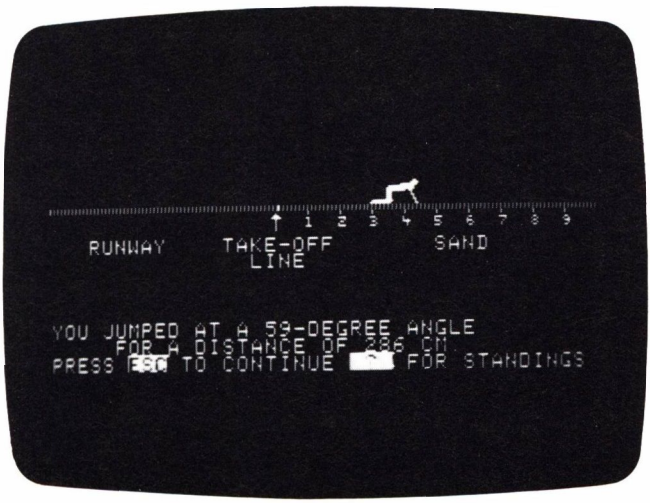
PRESS [ESC] TO CONTINUE; [?] FOR STANDINGS.

Pressing the [?] key will display a table of each player's scores on all events to date (since this is the first event, there will only be scores for the first two runners in this event). After the standings are displayed (see How Decathlon Is Scored, page 8, for an interpretation of the score), press [ESC] to proceed.

If you don't wish to see the standings at this point, just press [ESC] to proceed. If there are more than two competitors, the next two will be announced for the dash. If just two players are competing, pressing [ESC] will display the standings just as [?] does.

The dash will be repeated up to three times as necessary to accommodate all of the athletes. After everyone has completed the event, press [ESC] to display all of the scores, then press [ESC] to proceed to the next event: THE LONG JUMP.

The Long Jump


1 2 3 4 5 6 7 8 9
RUNWAY
TAKE-OFF LINE
SAND
YOU JUMPED AT A 53-DEGREE ANGLE
FOR A DISTANCE OF 286 CM
PRESS ESC TO CONTINUE FOR STANDINGS

In the Microsoft Decathlon Long Jump, you will take a running start from off the left hand side of the screen, plant your take-off foot just before the take-off line, then release your jump at a specified angle to jump as far as possible.

Each athlete gets three attempts at the long jump with each player's final score reflecting his/her best performance. You will utilize three keyboard keys to control your jump:

the SPACE BAR
the X key
the RETURN key

Your timing in pressing each of these keys, plus the approach speed you select, will determine your performance in the long jump.

After the long jump is announced by the computer, you will see the message:

ATTENTION *NAME*:

YOU MAY NOW TAKE YOUR FIRST TRIAL.
WHAT WILL BE THE SPEED OF YOUR RUNUP
(700-1000 CM/SEC)?

Select the speed at which you wish to approach the take-off line, then press [RETURN].

TIP: *Keep in mind that a faster approach can help you jump farther, but only if you can control the speed.*

The computer will display the instructions:

PRESS THE [SPACE BAR] TO BEGIN YOUR APPROACH.
PRESS THE [X] KEY TO PLANT YOUR TAKE-OFF FOOT.
PRESS THE [RETURN] KEY TO JUMP.

You are now ready to start your attempt. Press the [SPACE BAR] once to begin your approach. The computer will monitor your speed and your decreasing distance from the take-off line. You must press the [X] key to plant your foot before you reach the take-off line. Then wait until you've moved to the angle at which you wish to jump and press [RETURN] . If the jump is successful, the computer will announce your performance:

YOU JUMPED AT A_____DEGREE ANGLE FOR A DISTANCE OF_____CM.
PRESS [ESC] TO CONTINUE; [?] FOR STANDINGS.

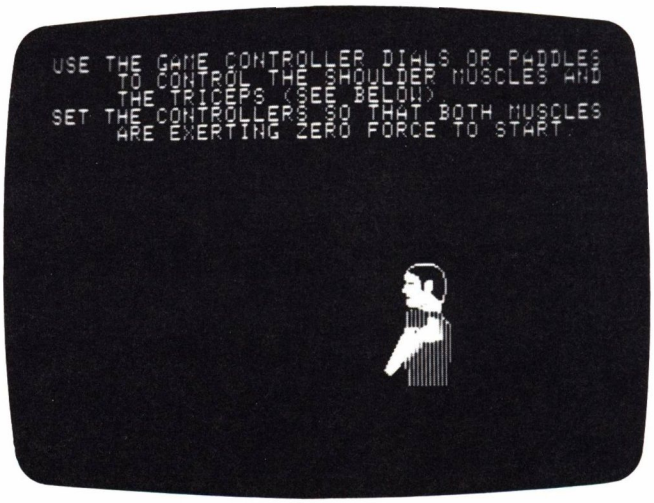
There are two possible errors or "faults" you can commit that will disqualify an attempt.

FOOT FAULT: YOU STEPPED ON THE PLASTICINE.
FACE FAULT: YOU FELL FLAT ON YOUR FACE.

If you want to see the standings to date, press [?]. Otherwise press [ESC]. The computer will proceed to the next contestant and repeat the event. After each athlete completes one trial, there is a second round and a third round, so each competitor has the opportunity to better his/her performance.

Once everyone has had three trials, press [ESC] to see the current standings of all contestants. Then press [ESC] again to proceed to the next event: THE SHOT PUT.

The Shot Put


USE THE GAME CONTROLLER DIALS OR PADDLES
TO CONTROL THE SHOULDER MUSCLES AND
THE TRICEPS (SEE BELOW)
SET THE CONTROLLERS SO THAT BOTH MUSCLES
ARE EXERTING ZERO FORCE TO START.

In the shot put, you will attempt to throw or "put" a 16-pound metal ball as far as you can, using an overhand throw.

Each player gets three attempts and each player's score is determined by his/her longest put.

After the computer announces the event, it will display:

ATTENTION *NAME*:
YOU MAY NOW TAKE YOUR FIRST TRIAL.

This will be followed by:

PRESS [RETURN] FOR INSTRUCTIONS.

On occasion you may be instructed to

TURN DIAL ON EITHER GAME CONTROLLER FOR INSTRUCTIONS

instead of pressing [RETURN]. Do not be confused if you receive this request. It simply means that the game controllers must be manipulated to enable the program to proceed. In this case, simply readjusting the game controller will clear the system and provide your instructions.

Perform whichever action is requested by the computer. You will then be told how to do the shot put:

> USE THE GAME CONTROLLER DIALS OR PADDLES TO CONTROL THE SHOULDER MUSCLES AND THE TRICEPS (SEE BELOW).
> SET THE CONTROLLERS SO THAT BOTH MUSCLES ARE EXERTING ZERO FORCE TO START.

Take a little time to figure out which muscle is associated with which game controller, and how turning each dial affects the amount of force applied. When you are ready, turn the dials so that both muscle forces are reset to zero.

The computer will then display:

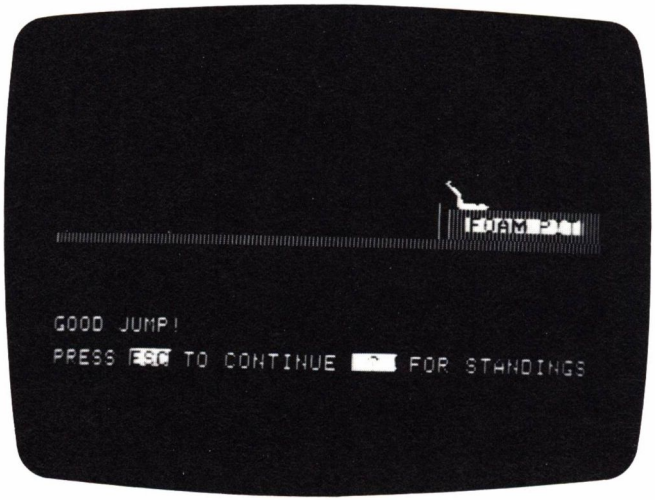
> YOU MAY BEGIN WHEN READY.

As soon as you begin to apply muscle force to the shot, the shot will begin to move and it cannot be stopped. Use a combination of triceps and shoulder muscles to guide the shot outwards and upwards. The triceps pull the arm open, exerting a force on the shot perpendicular to the forearm. The shoulder muscles raise the upper arm, exerting a force on the shot in the direction of the forearm.

The shot moves in very slow motion to give you time to make adjustments in the muscle forces, but you should try to move the shot as quickly as possible to increase its momentum.

As always, use the [ESC] key to proceed to the next competitor or the [?] to check the standings.

The High Jump



The object of the high jump is to propel yourself up and over a crossbar set at a given height, using no equipment to aid yourself. Each time one height is successfully cleared, you will be offered the option to jump at a greater height.

You will get three tries to clear each height. Your score is determined by the greatest height successfully cleared.

After the jump is announced, the computer will display:

ATTENTION *NAME*:
YOU HAVE 3 CHANCES TO CLEAR THE BAR.
THE CROSSBAR HAS BEEN PLACED AT THE HEIGHT OF
135 CM. DO YOU WANT TO ATTEMPT THIS HEIGHT?

135 cm is the lowest height you can jump. If you answer YES (and press [RETURN]), you will be given three opportunities to clear this height. If you wish to try a higher crossbar for your first attempt, answer NO (then press [RETURN]) and on your next turn the computer will offer you the next height, 150 cm. Once you have declined to jump at a particular height, you will not be given the chance to jump at that height again.

PRESS THE [SPACE BAR] TO BEGIN YOUR APPROACH.
PRESS THE [X] KEY TO PLANT YOUR TAKE-OFF FOOT.
PRESS THE [RETURN] KEY TO JUMP.

You are now ready to start your attempt. Once you press the [SPACE BAR] and begin your approach, the computer will monitor your speed and your decreasing distance from the crossbar. You must press the [X] key to plant your foot before you reach the crossbar. Then wait until you've moved to the angle at which you wish to jump and press [RETURN].

TIP: *You will want to jump at a much greater angle (more quickly after you press the [X] key) than you did in the long jump, since your object here is height, not distance.*

If your jump is successful, you will be informed

GOOD JUMP!

If your attempt failed, you will get a message such as:

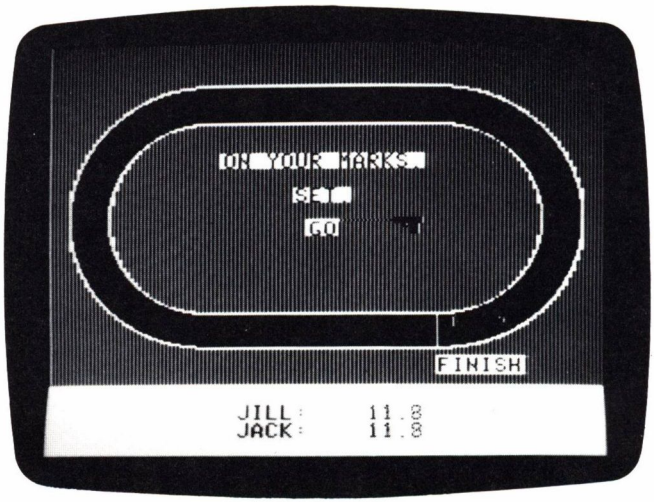
YOU FELL FLAT ON YOUR FACE

or

YOU FAILED TO CLEAR

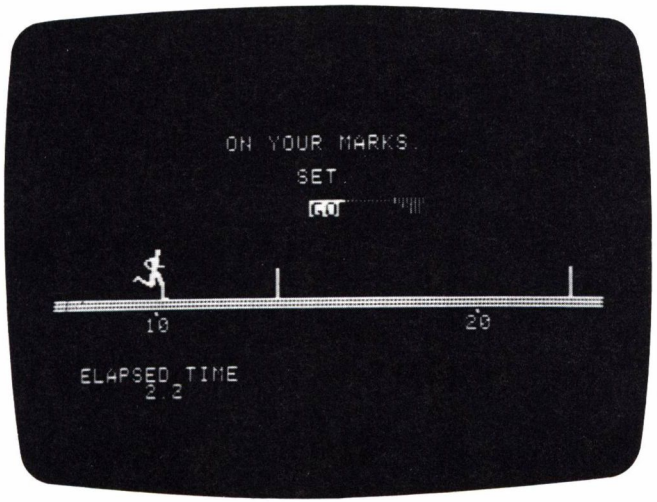
If you fail at the first attempt, you will be given two additional chances on subsequent turns to clear that height. Once you successfully clear one height, you will be offered the next height on your next turn and again, you will have three opportunities to clear that height.

The 400-Meter Dash



Like the 100-meter dash, the object of the 400-meter dash is speed! In fact, the 400-meter dash is run just like the 100-meter version and you can use the instructions for the 100-meter dash on page 16. Note that the starting positions are staggered in the 400-meter so the person in the outside lane will run the same distance as the person in the inside lane.

The 110-Meter Hurdles



In the 110-Meter Hurdles, you will run 110 meters, jumping 10 evenly spaced obstacles along the way. Your object is not only speed but also accuracy in clearing obstacles. Each athlete gets one attempt and is scored according to his/her time on that attempt.

After the event is announced, the computer will display:

ATTENTION *NAME*:
PLEASE GO TO THE STARTING LINE.
USE THE GAME CONTROLLER BUTTONS FOR RUNNING AND HURDLING.

Your manipulation of the game controller buttons is the sole determinant of your score. The buttons are located on the sides of the game controller paddles. Press the buttons alternately to move to the starting line. Once you are at the start, the starting gun will appear on the screen, along with the words:

ON YOUR MARKS!
SET!

Then the gun with the GO flag will fire and you're off. (Unless you have a false start, in which case the computer will warn you that two more false starts will disqualify you.)

Once you have begun, alternate the two buttons quickly, but with care. Pressing a button causes you to stride forward. The longer a button is held down, the higher and longer your stride will be.

Use long strides for clearing hurdles but try to take off and land as close to each hurdle as possible for maximum speed. Try to synchronize your steps with the runner's between hurdles so you will be in a good position to take off and clear the next hurdle.

It is entirely possible to knock down a hurdle, which not only slows you down but also endangers the acceptability of your run. If the official thinks that you have intentionally downed a hurdle, he will warn:

WARNING: YOU WILL BE DISQUALIFIED IF YOU RUN THROUGH ANOTHER HURDLE.

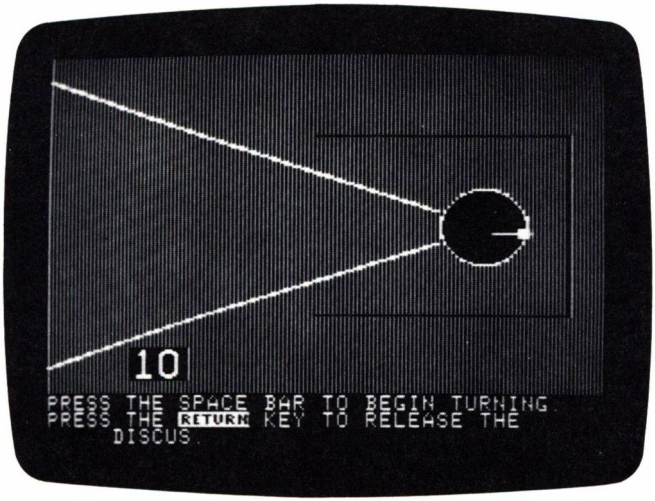
A second offense results in the notification:

YOU ARE DISQUALIFIED.

You will receive a score of 0 for the event. However, you must complete your run, even if you are disqualified.

Your run is completed when you reach the 110-meter mark. Press [?] for standings; press [ESC] to continue.

The Discus Throw



For this event, the screen shows a top view of the discus throwing area with you standing at the back side of the throwing circle, throwing arm extended toward the field.

Turning will allow you to gain throwing momentum. You must then release the discus so it lands between the two lines that radiate from the throwing circle. The farther you are able to throw the discus, the more points you will earn.

You will get three throws. Your score is determined by the length of your best throw.

Two keys control the action:

the SPACE BAR initiates the turn
the RETURN key releases the discus

Another factor that controls your performance is the strength you choose to exert in turning.

After the event is announced, the computer will display:

ATTENTION *NAME*:
YOU MAY NOW TAKE YOUR FIRST TRIAL.
HOW MUCH STRENGTH WILL YOU EXERT FOR TURNING (75-100%)?

Choose a number between 75 and 100 to determine how fast and with how much force you will turn.

TIP: *Although exerting more strength will allow you to sail the discus farther, it will also make controlling the direction of your throw more difficult. Until you master the discus, we suggest you use relatively low force.*

The computer will now display:

PRESS THE [SPACE BAR] TO BEGIN TURNING.
PRESS THE [RETURN] KEY TO RELEASE THE DISCUS.

When you are ready, press the [SPACE BAR] and the screen figure will begin turning. The motion will be rapid, so be ready to press the [RETURN] key when you are in position to throw the discus within the boundary lines.

If the discus lands within the 40-degree sector, you will get the message:

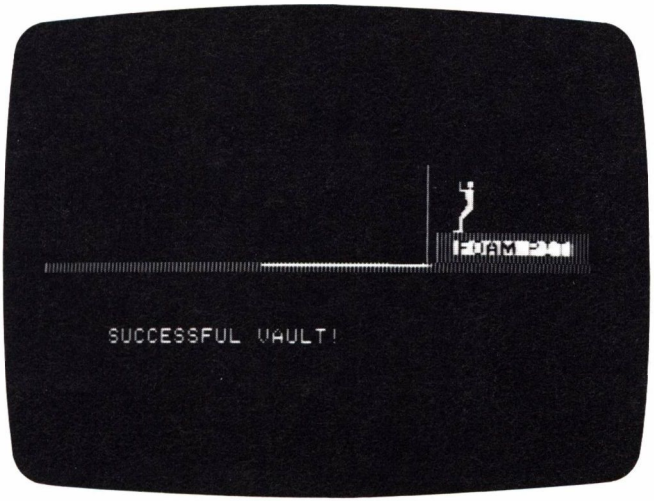
GOOD THROW!
YOU HAVE THROWN THE DISCUS_____METERS.
PRESS [ESC] TO CONTINUE; [?] FOR STANDINGS.

An attempt will be disqualified if:

1. You release the discus too soon or too late.

2. You step outside the circle. (This happens if you wait too long to release the discus.)

The Pole Vault



The pole vault requires more skill, in both actual and computer competition, than any other event in the Decathlon. You must make a running approach, plant the pole in the small vault box, raise yourself using the pole, extend yourself over the crossbar, then release the pole to fall into the foam landing area.

After the pole vault has been announced, the computer will display:

ATTENTION *NAME*:
YOU HAVE 3 CHANCES TO CLEAR THE BAR.
THE CROSSBAR HAS BEEN PLACED AT A HEIGHT OF 360 CM. DO YOU WANT TO ATTEMPT THIS HEIGHT?

As with the high jump, you have the option of answering either YES or NO here (followed by RETURN). If you answer YES you will attempt the vault at 360 CM. If you answer NO, you will be offered the next height, 375 CM. Remember that you can always go forward but

never backward, and that your final score will be based on the highest height you *successfully* vault.

If you answer YES, the computer will ask two questions:

AT WHAT HEIGHT DO YOU WISH TO GRIP THE POLE (350-490 CM)?
WHAT WILL BE THE LENGTH OF YOUR RUNUP (20-80 METERS)?

Your answers to both these questions will affect your performance. You will want to grip the pole high enough to allow you to surmount the crossbar. However, the shorter the grip, the less momentum you will need to vault successfully.

Length of runup determines the maximum speed you will be able to build up; the farther you run the more speed you will attain. The minimum speed necessary to vault a particular height, holding the pole at a specified height, can only be determined through trial and error. It is best to choose a minimal runup length so your fingers won't tire and slow down, causing you to lose speed. Once you've made these decisions, you're ready to begin.

The computer will now tell you which keys to use:

USE THE ← AND → KEYS FOR RUNNING.
USE THE 1 KEY TO PLANT THE POLE.
USE THE 2 KEY TO PULL TO A HANDSTAND.
USE THE RETURN KEY TO PUSH THE POLE AWAY.

The pole vault will be easier to master if you think of it as four steps.

Step One

Alternately press the ← and → keys to run toward the pit. Notice that each time you press one of these keys, your speed increases and your distance from the pit decreases. The faster you alternate between the two keys, the more your speed increases. If you stop pressing them, your speed will drop back to zero.

Step Two

Press the 1 key to plant the end of the pole in the vaulting box, the depressed area in front of the crossbar. You must press this key at the right time to place the pole in the vaulting box, while continuing to "run."

If you are successful at getting the end of the pole into the box, the pole will begin to carry you upward. At this time you can stop running.

Step Three

Press the 2 key to pull yourself up into a handstand on the pole.

TIP: You will want to delay pressing the 2 key as long as possible, but will need to press it before your feet go under the crossbar.

Step Four

Press the [RETURN] key to push off from the pole.

TIP: *Timing here is also important. You will want to delay as long as possible, but still let go before the pole begins to tilt toward the crossbar.*

If your pole vault is successful, you will be informed:

```
SUCCESSFUL VAULT!
PRESS [ESC] TO CONTINUE
```

After you press [ESC], the computer will offer you the next height (15 cm higher) and you proceed through the vault again.

However, if you don't succeed in your first vault (and don't be surprised if you fail your first attempt), the computer will tell you where your mistake is. For example:

```
NOT ENOUGH FORWARD MOMENTUM
```

or

```
VAULT ABORTED — YOU MISSED THE VAULTING BOX.
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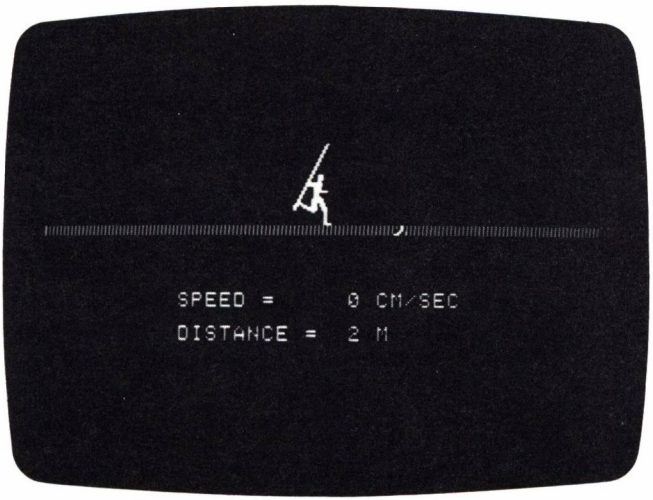
If you miss your first attempt at any given height, you will be offered a second, then a third try at vaulting that height. If you fail in all three attempts at any given height, you will be scored according to the greatest height you vaulted successfully. If you don't scale the lowest height, your score will be zero.

The Javelin Throw



In the Javelin Throw, you will run up to the arc line (from off the left side of the screen, as usual), tilting the javelin into throwing position as you approach, and hurl it the greatest distance you can.

You will get three trials and your score will be determined by your best trial.

After the javelin throw has been announced, the computer will display:

ATTENTION *NAME*:
YOU MAY NOW TAKE YOUR FIRST TRIAL.
USE THE ← AND THE → KEYS FOR RUNNING.
PRESS THE T KEY TO TILT THE JAVELIN INTO THROWING POSITION.
PRESS THE RETURN KEY TO THROW IT.

When you are ready, begin by alternating the ← and → keys. The computer will monitor your distance from the arc line and speed of approach.

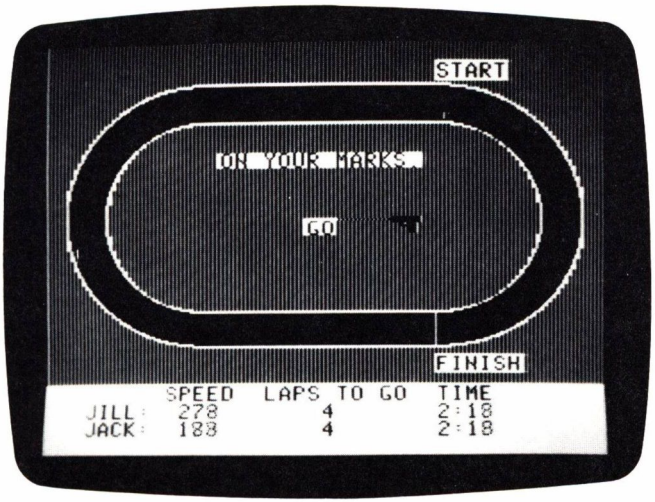
As you approach the arc line, press the T key to begin tilting the javelin into position.

TIP: *Unlike some other events, pressing the T key in the Javelin Throw begins a motion which cannot be slowed down or halted. So don't press the T key until you are close to the position from which you want to release the javelin.*

Once the javelin is tilted to the position you desire (you'll do better once you **know** the position you desire — that comes with experience), press the RETURN key to release it. YOU MUST RELEASE THE JAVELIN BEFORE YOU CROSS THE ARC or the attempt will be disqualified.

All athletes take their first trial, then there is a round of second trials and finally third trials. Each athlete's best throw determines his/her score.

The 1500-Meter Run



The 1500-Meter Run is more than a sprint — it requires four laps around the Olympic track, but your object here is still speed. And since your fingers might not survive four laps of left foot/right foot, this race uses different control keys than the 100- and 400-meter races.

You will run the 1500-meter just once, and your score will be based on your time in that run.

As with the other running events, up to two athletes may compete at the same time in this event; if more than two people are playing, the computer will assign you to groups of two. The lane you are running in determines which control keys you will use.

The computer will notify one player:

ATTENTION *NAME*:
YOU WILL BE STARTING IN LANE 1.
PLEASE GO TO THE STARTING LINE.
USE THE [Z] [S] [W] AND [A] KEYS TO GUIDE YOURSELF AROUND THE TRACK.

If you are assigned to lane 1, your run is controlled by the [A] [S] [W] and [Z] keys. The [A] key will move you left on the screen, the [S] key right, the [W] key up, and the [Z] key down. The direction each key moves you can be easily remembered if you notice the relationship of these four keys to each other on the keyboard. Pressing one of these keys causes you to start moving. You will continue moving until you bump into the edge of the track. Pressing a key that is different from the direction you are moving will turn you 45 degrees towards the direction of that key. To make a 90 degree turn you would press a key twice. If you press a key whose direction is exactly opposite the direction you are moving you will stop.

If more than one athlete is competing, the computer will notify another player:

ATTENTION *NAME*:
PLEASE GO TO THE STARTING LINE.
USE THE [.] [;] [P] AND [L] KEYS TO GUIDE YOURSELF AROUND THE TRACK.

While the keys are different from those of the runner in lane 1, the relationship remains the same. [.] is down, [;] is right, [P] is up, and [L] is left.

Moving to the starting line will give you an opportunity to get acquainted with your keys since you have to go almost halfway around the track to get there.

Once both players are at the starting line, the computer will tell you:

ON YOUR MARKS!
SET!

Then the GO gun will be fired and you are off! (If you try to start before the GO gun is shot, you will be advised of a false start and the race will be restarted.) Make the four laps as smoothly as you can; as long as you don't bump into anything, your running speed will increase. Bumping into the sides or the other runners will decrease your speed.

The computer will monitor your speed, laps to go and time elapsed.

When both athletes have completed the 1500 meters (or one if only one is competing), the computer will display the normal

PRESS [?] FOR STANDINGS; [ESC] TO CONTINUE.

If more than two athletes are competing, pressing [ESC] will set the track for the next two runners. The 1500-Meter Run will be repeated up to three times as necessary to accommodate all the athletes. After everyone has made the run, press [ESC] one final time. The computer will now reveal the winner of the Decathlon!

THE WINNER OF THE
GOLD MEDAL
IS
NAME

A few seconds later it will display the final standings of all the athletes. Once again, you will be asked to PRESS [ESC] TO CONTINUE.

The computer will now ask:

ARE YOU READY TO BEGIN THE DECATHLON?

Answer YES (and press [RETURN]) to begin another Decathlon. Answer NO (and press [RETURN]) to practice any of the events. (See page 12.)

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